



## Program Faculty

### Yoga Teacher Training 2011-2012

#### *Anahata Education Center*

#### Primary Faculty



Jennifer Daly Ph.D., E-RYT 500, Director

Jennifer Daly is the Director of Yoga Teacher Training Program. She holds a Ph.D. in clinical psychology with a focus on mindfulness and holistic psychotherapy among adults and seniors. She is registered with the National Yoga Alliance as an Experienced 500-level instructor (E-RYT500) and she has practiced yoga for over 18 years. Her teaching draws from training and practice with national teachers in the Iyengar, Ashtanga, Anusara, Yin and Raja traditions. She has taught yoga in Williamsburg since 2003. Her classes emphasize connections between mind and body as a way to foster health and well being. Classes include detailed instructions

on physical postures, mental focus and breath control. She encourages students to experience yoga as a practice to purify and strengthen mind, body and spirit.

#### Adjunct Faculty



Sandra Pleasants, E-RYT 500, Iyengar Yoga

Sandra is a Certified Iyengar teacher at the Junior Intermediate level and an experienced, advanced registered teacher (E-RYT) with the National Yoga Alliance. She has travelled to India 4 times to study at the Iyengar Institute and she annually studies with respected Iyengar teacher Gabriella Giubilaro, assisting her in Italy and Minsk, Belarus. She served as treasurer and president for the board of the Iyengar Association of the Southeast and she has written asana columns for the Association's magazine. She co-directed a yoga teacher training program in Richmond for over 6 years. Sandra discovered Iyengar yoga in her late 40's. She is

now in her 70's and, after bilateral hip replacements in 2009, she continues to practice and teach. She is the mother of 5 children and a grandmother of 8. This gives her an accessibility that allows students to feel simultaneously challenged and supported. Her down to earth teaching style is precise, dynamic and full of humor.



Ray McCoy, Ph.D., Anatomy, Physiology and Biomechanics

Ray McCoy is an Associate Professor in the Department of Kinesiology and Health Sciences at the College of William and Mary. He has taught courses in basic human anatomy and biomechanics, including examination of the human body through cadaver dissection, for over 24 years. His courses emphasize practical knowledge of neuro-muscular systems as they relate to human movement. His current research investigates the effectiveness of the Wii Fit Balance

exercise on standing balance and gait mechanics in the elderly.



Graham Schweig, Ph.D., E-RYT500, Yoga Philosophy

Dr. Graham Schweig earned his Ph.D. in Comparative Religion from Harvard University with a specialization in the history and philosophy of yoga, the spiritual traditions of India and the mystical traditions of divine love. His recent book, titled *Bhagavad Gita: The Beloved Lord's Secret Love Song*, is widely used by yoga students and teachers. Dr. Schweig is an Associate Professor of Religion at Christopher Newport University and he has led yoga seminars and workshops at the Smithsonian Institution in Washington, DC., Jivamukti Yoga in New York, International Yoga Journal Conferences and teacher training programs in Virginia. He is the founder and teacher

of The Secret Yoga™ Seminars with Catherine Ghosh, which present classical yoga from the Bhagavad Gita, The Yoga Sutra, and the Upanishads.



Alicia Golden, RYT 200, Ashtanga Vinyasa Yoga

Alicia is a dedicated student and teacher of Ashtanga yoga as taught by the late Sri K. Pattabhi Jois of Mysore, India. She is drawn to the traditional and systematic approach of the Ashtanga system and feels that through consistent practice, subtle transformation begins on all levels.

Alicia earned her teaching certification through Yoga Source under the guidance of Jennifer Elliott and Sandra Pleasants. She has studied with many respected teachers in the Ashtanga tradition, including travel to India to study with Sri K. Pattabhi Jois's grandson, Sharath

Rangaswamy. Alicia's primary teacher is the respected Ashtanga teacher, Lino Miele, who was an early student of Sri K. Pattabhi Jois. She is grateful for these experiences and continues to learn by coming to her mat each day. Through trust and patience, self discovery occurs.



Leslie Lytle, M.A., RYT 500, Prenatal Yoga

Leslie Lytle is a doula affiliated with the Association of Labor Assistants and Childbirth Educators, and she directed the prenatal/postnatal yoga program at Yoga Source, in Richmond, Virginia from 2001 to 2008. She is a Certified Laban Movement Analyst and Registered Yoga Teacher (E-RYT200, RYT500, and RPYT) with Yoga Alliance. She holds a bachelor's degree in Movement Studies and a master's in Sociology, where her area of interest was women's experience of the body and health. Leslie has completed advanced training in Prenatal Yoga, instructor training in Prenatal/Postpartum Exercise, and is certified as a Pre/Postnatal Health

and Fitness Instructor with Dancing Thru Pregnancy® Inc. Leslie brings a love of movement, an eye for alignment, and a deep respect for the body's inherent wisdom to her prenatal yoga classes.